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UNITED STATES DEPARTMENT OF AGRICULTURE
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3 BUCKWHEAT FLOUR RECIPES //

Buckwheat Flour Griddle Cakes

1/2 cup sifted flour	3/4 teaspoon salt
1 cup buckwheat flour	1 egg beaten
2 to 2-1/2 teaspoons	1-1/4 cups milk
baking powder	2 tablespoons fat, melted

Sift the dry ingredients together three times. Combine the beaten egg, milk, and melted fat, and add them gradually to the dry ingredients. Stir only until the batter is smooth. Bake the cakes on a greased, hot griddle.

1/2 cup of sifted whole wheat flour may be substituted for the sifted white flour.

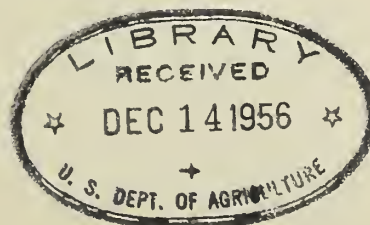
1/2 cup of chopped nuts or raisins may be added to the batter.

Yeast Raised Buckwheat Cakes

1/2 cake yeast	1 tablespoon sugar
2-1/4 cups lukewarm water	1 teaspoon salt
1/2 cup sifted flour	1/4 teaspoon soda
1-1/2 cups buckwheat flour	

Soften the yeast in 2 tablespoons of the lukewarm water. Sift the dry ingredients together three times, except the soda. Add the water and beat until smooth. Stir in the yeast and let stand overnight in a fairly warm place. In the morning remove 1/2 cup of the batter to save as a starter for the next time in place of the yeast. Dissolve the soda in 2 tablespoons of water and stir into the remainder of the batter. Bake the cakes on a well-greased griddle and serve at once.

Keep the starter covered in a cool place. If used at frequent intervals it can be carried along during the length of the buckwheat season.



Buckwheat Flour Waffles

3/4 cup sifted flour	1 tablespoon sugar
2/3 cup buckwheat flour	2 eggs
2 teaspoons baking powder	1 cup milk
1/2 teaspoon salt	2 tablespoons fat, melted

Sift the dry ingredients together three times. Combine the beaten egg yolks, milk, and melted fat. Add gradually to the dry ingredients, stirring only until the batter is smooth. Fold in the beaten egg whites. Bake in a waffle iron hot enough to brown the waffle quickly.

Buckwheat Flour Muffins

1 cup sifted flour	0 to 2 tablespoons sugar
3/4 cup buckwheat flour	1 egg beaten
3 teaspoons baking powder	1 cup milk
1/2 teaspoon salt	2 to 4 tablespoons fat, melted

Sift the dry ingredients together three times. Combine the egg, milk, and melted fat. Add to the dry ingredients all at once. Stir just enough to moisten and give the mixture a rough appearance. Fill greased muffin pans two-thirds full. Bake in a hot oven (400° - 425°F.) for about 20 minutes.

Buckwheat Flour Biscuits

1-1/2 cups sifted flour	4 to 6 tablespoons fat
1-1/4 cups buckwheat flour	Milk to make a soft dough
4 teaspoons baking powder	(about 1 cup)
1 teaspoon salt	

Sift the dry ingredients together three times and cut in the fat. Make a well in the mixture and add the milk slowly, stirring from the center until a soft dough is formed. For drop biscuits, drop the dough by spoonfuls on a lightly greased baking sheet. For cut biscuits place the dough on a lightly floured board and pat out or roll out until three-fourths of an inch thick, or knead gently (about 18 strokes). Roll into a sheet three-fourths of an inch thick. Cut the biscuits and place on a baking sheet and bake in a very hot oven (450°F.) for about 15 minutes or until lightly browned.

Steamed Brown Bread

1 cup buckwheat flour	4 teaspoons baking powder
1 cup whole wheat flour	1/4 teaspoon soda
1 cup corn meal	3/4 cup molasses
1 teaspoon salt	2 cups sweet milk

Mix the dry ingredients thoroughly and add the molasses and milk. Beat the mixture thoroughly and pour into greased molds until they are about three-fourths full. Cover loosely to keep out the moisture. Steam for 3-1/2 hours. Remove the covers and bake the bread in a moderate oven for about 10 minutes to dry it. If the bread seems likely to crumble, loop a string around the loaf and cut slices by pulling the ends of the string.

Bread

2-3/4 cups hot liquid	2 tablespoons fat
2 cakes compressed yeast	7-3/4 cups sifted all-
3 tablespoons sugar	purpose flour
4 teaspoons salt	1-1/4 cups buckwheat flour

Measure one-half cup of the hot liquid and when lukewarm add to the yeast. To the remaining hot liquid add the sugar, salt, and fat. When lukewarm add the softened yeast and the flours which have been sifted together three times, reserving 2 tablespoons of flour for kneading. Mix and knead on a floured board, place in a bowl, rub a little melted fat over the top of the dough, and cover. Allow to rise in a warm place until double in bulk. Cut and mold the dough into loaves, place in greased pans. Again rub fat lightly over the tops of the loaves and cover. Place in a warm place and let rise until nearly double in bulk. Bake pound loaves in a moderately hot oven (375°F.) for about 40 minutes, after 15 minutes lower the temperature to 350°F. As this bread browns rapidly it may be necessary to cover the bread at the end of about 30 minutes with a piece of clean paper to prevent too much browning before the bread is done.

Buckwheat Gingerbread

1-1/2 cups sifted flour	1/2 teaspoon cloves
1-1/4 cups buckwheat flour	1/2 teaspoon cinnamon
1/2 teaspoon soda	2 eggs, beaten
2 teaspoons baking powder	1 cup milk
1/2 cup sugar	1/2 cup fat, melted
1/2 teaspoon salt	1 cup molasses

Sift the dry ingredients together three times. Combine beaten eggs, milk, and melted fat, and add this to the dry ingredients, stirring in the molasses last. Bake in shallow pans in a moderate oven (350°F.) for 30 to 40 minutes, or in muffin pans in a hot oven (400°F.) for 20 to 25 minutes. Sour milk, with 1 teaspoon of soda and 1 teaspoon of baking powder may replace the sweet milk, soda and baking powder called for in the recipe.

Buckwheat Flour Spice Cake

1/2 cup fat	4 teaspoons baking powder
1/2 to 1 teaspoon flavoring	1/2 teaspoon salt
1-1/2 cups sugar	1/4 teaspoon cloves
2 to 3 eggs	1/2 teaspoon nutmeg
1-3/4 cups sifted soft-wheat flour	1 teaspoon cinnamon
1 cup buckwheat flour	1 cup milk

Cream the fat until soft, add the flavoring and sugar, stirring gradually until the mixture is light and fluffy. Continue creaming and add slowly the well-beaten egg yolk.

Sift the dry ingredients together three times and add to the egg mixture alternately with the milk, a little milk at a time. Beat in the dry ingredients, stir in the milk. The first and last addition should be the dry ingredients. Fold in the beaten egg whites last of all. Pour the batter into a lightly greased shallow pan. For a layer cake bake in a moderate oven (350°F.) for about 25 to 30 minutes. For a loaf cake bake in a very moderate oven (325°F.) for about 40 to 45 minutes.

Buckwheat Flour Chocolate Cake

3/8 cup fat	1 cup buckwheat flour
1/2 to 1 teaspoon flavoring	4 teaspoons baking powder
1-1/2 cups sugar	1/2 teaspoon salt
2 to 3 eggs	1 cup milk
1-1/2 cups sifted soft-wheat flour	2 ounces (2 squares) melted unsweetened chocolate

Cream the fat until soft, add the flavoring and sugar, stirring until the mixture is light and creamy. Continue creaming and add slowly the well-beaten egg yolks.

Sift the dry ingredients together three times and add to the egg mixture, alternately with the milk, a little milk at a time. Beat in the dry ingredients, stir in the milk. The first and last additions should be the dry ingredients. Melt the chocolate over warm (not boiling) water, and add to the mixture. Fold in the beaten egg whites last of all. Pour the batter into a lightly greased pan. For a layer cake bake in a moderate oven (350°F.) for about 25 or 30 minutes. For a loaf cake bake in a very moderate oven (325°F.) for about 40 to 45 minutes.

Upside Down Cake

For the bottom of the cake pan:

1/4 cup fat	Stewed apricot halves or 6
1/2 cup light brown sugar	slices canned pineapple

For the cake batter:

1/4 cup fat	3/4 cup sifted soft-wheat flour
1/2 cup sugar	1/2 cup buckwheat flour
1 egg	2 teaspoons baking powder
1 teaspoon vanilla	1/4 teaspoon salt
1/2 cup milk	

Cream the fat and brown sugar together. Spread on the bottom of a cake pan 8 inches by 8 inches. Arrange the apricot halves, cut side up, or pineapple to form a design on top of the sugar mixture.

Cream the fat, add the sugar slowly, creaming well, then the well-beaten egg. Sift the dry ingredients together twice, and add alternately with the milk. Pour the batter carefully over the fruit in the cake pan. Bake in a moderate oven (350°F.) for about 50 minutes.

Loosen the sides of the cake, turn it out carefully upside down on a plate.

Drop Cookies

1/2 cup fat	1/2 teaspoon salt
1 cup sugar	2 teaspoons cinnamon
1 egg	1/2 cup milk
3/4 cup sifted soft-wheat flour	1-1/2 cups oatmeal
2/3 cup buckwheat flour	1/2 cup chopped nuts
1/2 teaspoon soda	1 cup seedless raisins

Cream the fat and sugar, and add the beaten egg. Sift the dry ingredients together twice, except the oatmeal, and add alternately with the milk to the first mixture. Add the oatmeal, nuts, and raisins. Mix well. Drop by spoonfuls onto a greased baking sheet and bake to a golden brown in a moderately hot oven (375° to 400°F.). Remove from the pan while hot.

Crisp Cookies

1 cup fat	1-2/3 cups buckwheat flour
2 teaspoons flavoring	4 teaspoons baking powder
2 cups sugar	1/2 teaspoon salt
2 eggs	2 tablespoons milk
2 cups sifted soft-wheat flour	

Cream the fat until soft, add the flavoring and the sugar, stirring until the mixture is light and fluffy. Continue creaming and slowly add the well-beaten eggs. Sift the dry ingredients together twice and add alternately with the milk to the first mixture. The first and last additions should be the dry ingredients. Form into a roll and chill thoroughly. Cut off in thin slices from the roll and bake the cookies on a well-greased baking sheet in a moderately hot oven (375°-400°F.) for about 10 minutes.

Steamed Apricot Pudding

1/2 pound apricots	3/4 cup sifted flour
1/2 cup water	2/3 cup buckwheat flour
1/4 cup fat	2 teaspoons baking powder
1/2 cup sugar	1/4 teaspoon salt
2 eggs	1/2 cup milk

Wash, drain, and chop the apricots fine. Soak in the water until all the water is absorbed. Cream the fat and sugar and add the well-beaten eggs. Sift the dry ingredients together twice and add alternately with the milk to the first mixture. Add the apricots and beat well. Pour into a well-greased mold. Cover lightly and steam for 2 hours. Serve hot or cold with sauce, milk, or cream.

